

January 2021

Breast Cancer

Breast cancer is the second leading cause of cancer death, and excluding skin cancers, the most frequently diagnosed cancer among women in Indiana and in the United States. There were approximately 4,945 cases of invasive breast cancer diagnosed during 2017 in Indiana.¹

Black women are at an increased risk for poor outcomes relating to breast cancer, in part because they are often diagnosed at a younger age, at a later stage of disease and with more aggressive forms of breast cancer. [See Figure 1].

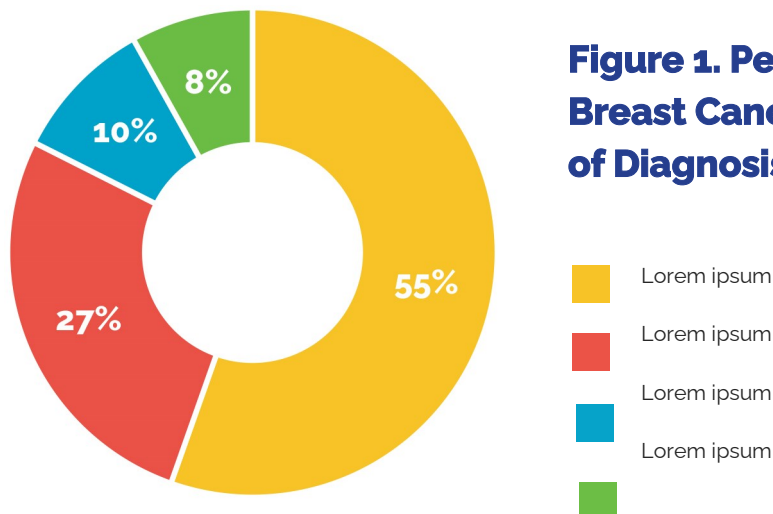


Figure 1. Percent of Female Breast Cancer Cases by Stage of Diagnosis and race –

Who Gets Breast Cancer?

Sex and age are the two greatest risk factors for developing breast cancer. Women have a greater risk for developing breast cancer, and that risk increases with age. Breast cancer is rare among men; however, they are often diagnosed at later stages and have poorer prognoses.²

Factors associated with increased breast cancer risk include weight gain after the age of 18, being overweight, use of menopausal hormone therapy, physical inactivity, and alcohol consumption.²

Common Signs and Symptoms of Breast Cancer

- Lumps, hard knots or thickening ²
- Swelling, warmth, redness or darkening ²
- Pulling in of the nipple or other parts of the breast ²
- Change in size or shape ²
- Nipple discharge that starts suddenly ²
- **New pain that does not go away ²**

Disparities

Disparities exist in breast cancer mortality between white and black women. Mortality rates for black women in Indiana are 46 percent higher than for whites.

*Need updated data on disparities between black and white women (2013-2017)

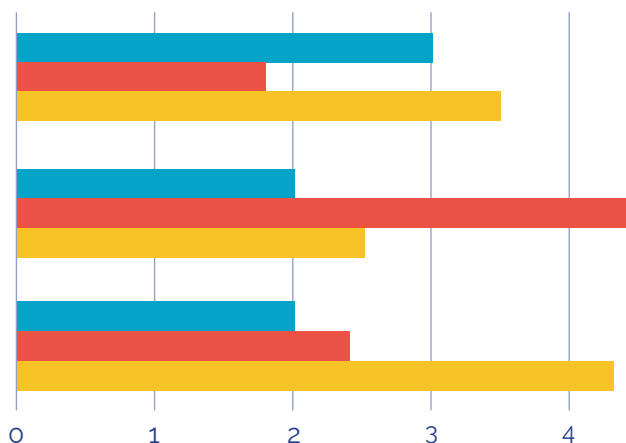


Figure 2. Female Breast Cancer Incidence and Mortality Rates Trends by Race—Indiana 2013-2017

What are the Treatment Options for Breast Cancer?

- **Mastectomies are the partial or complete surgical removal of one or both breasts. ²**
- **Lumpectomies are the removal of only the cancerous areas of the breast. ²**
- **Local radiation can be used to treat the tumor without affecting the rest of the body. ²**
- **Systemic drugs, which include chemotherapy, hormone therapy and targeted therapy, can be given orally or intravenously to reach the cancer**

Get Involved: Join the Indiana Cancer Consortium (ICC)

- **The ICC is a statewide network of over 100 agencies including the Indiana Department of Health.**
- **The ICC seeks to reduce the cancer burden in Indiana through the development, implementation and evaluation of a comprehensive plan that addresses cancer across the continuum from prevention through palliation.**

References

1. Centers for Disease Control and Prevention. *Cancer Burden: Indiana*. 2019. Accessed online at <https://gis.cdc.gov/Cancer/USCS/DataViz.html> on January 8, 2021.
2. American Cancer Society. *Cancer Facts and Figures 2016*. Atlanta: American Cancer Society; 2016. Accessed online at www.cancer.org/research/cancerfactsstatistics/cancerfactsfigures2016/index on January 2021.

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